

# HEALTH MATTERS

CINCINNATI HEALTH DEPARTMENT NEWSLETTER

FEB 2016  
Vol. VI Issue II

## “We Know Health Matters”

Laura Randall and Jerrie Kumalah discuss Collective Impact on Health on this month’s “We Know Health Matters”, CHD’s show on Citicable, Time Warner Ch. 23.

### Playback Times

Mon	9, 11 a.m.
Wed	5 p.m.
Thur	2 p.m.
Fri	9 a.m.
Sun	3 p.m.

## In Memory: Jennifer McBride

Jennifer, “Jenni” McBride passed away on January 23 at age 57, shortly after retiring from CHD’s Community Health & Environmental Services Division. Ms. McBride served the City of Cincinnati for 26 years and will be greatly missed.

Sometimes in life there will be  
Bumps in the road you can’t foresee  
Memories made, stories told  
A warm embrace, a hand to hold.  
A friend through good times  
And also the bad  
Cherishing the times together we had.  
Even though you had to go,  
You my friend were a blessing to know.  
But we won’t say this is the end,  
I’ll see you when we meet again.

- Renee Ingersol-Davis



## Spotlight: “Living Well With Diabetes”

By Diane Warner, RD, LD

The 2016 program, entitled “Living Well With Diabetes”, will be our third year at PHHC. The eight sessions kick off with an introduction on Feb. 18, from 1-3 p.m. at the PHHC conference room located at 2136 West 8th Street. Patients are taught in-depth principles of diabetes & self-management, and we will tour the Price Hill Kroger.

The program is taught by a multidisciplinary team of health professionals. Team members included are Dr. Bethanne Brown, pharmacist, Diane Warner, dietitian, Akino Kishigawa, dental hygienist, Dr. Chalee Engelhard, physical therapist, Dr. Bill Lonneman, nursing professor at The University of Mt. St. Joseph, and Paula Shannon, staff nurse at PHHC. Various fellows/students from the pharmacy & physical therapy programs at UC and nursing students from The Mount will also be participating.

Our program is open to all CHD Primary Care Health Center patients. For a list of Health Center locations visit [www.cincinnati-oh.gov/health](http://www.cincinnati-oh.gov/health). Current patients may call 513-357-7320 for registration and more information.



## Stay Connected



#HeartHealth  
#KeepCincyHealthy

[www.cincinnati-oh.gov/health](http://www.cincinnati-oh.gov/health)





## Welcome new Board of Health members

Welcome to our two newest Board of Health members, Dr. Philip Lichtenstein and Ms. Kate Schroder.

Dr. Lichtenstein is a pediatrician at Cincinnati Children's Hospital Medical Center and received his medical degree from Vanderbilt University School of Medicine. Dr. Lichtenstein will serve a three year term which will expire January 6, 2019.

Ms. Kate Schroder serves as a member of the Clinton Health Access Initiative senior management team and received a Master of Business Administration from the Wharton School at University of Pennsylvania. Ms. Schroder will serve a three year term which expires on January 6, 2019.



Did you know heart disease is the number one killer in men and women? You can take steps every day to keep your heart healthy, including:

- Eating a healthy diet, low in sodium
- Add exercise to your daily routine
- Take steps to quit smoking
- Take medications as prescribed by a doctor
- Schedule a well visit with your doctor

For more information about keeping your heart healthy visit [cdc.gov/features/heartmonth](http://cdc.gov/features/heartmonth).

## A Look Behind the Counter

### Zika Virus: The race to develop a vaccine

Several companies worldwide have begun efforts to develop vaccines against the Zika virus, but there are concerns over testing the vaccine in pregnant women, a group of patients normally excluded from experimental trials.

According to the Centers for Disease Control and Prevention (CDC), the Zika virus is linked to serious birth defects including microcephaly, a condition that causes babies to have abnormally small heads.

The National Institutes of Health (NIH) and the US National Institute of Allergy and Infectious Diseases both have plans to get a product made and approved by 2017.

Bharat Biotech has filed patents for two different vaccines to begin testing by the end of this month following the pre-clinical testing stage in animals. The company, based in India, announced that it could make a vaccine available in as quickly as two years.

The University of Connecticut is currently two to three weeks away from testing a vaccine in animals. Protein Sciences, internationally known for their influenza vaccine FluBlok, is working to make a similar vaccine for Zika. The company expects testing in humans to begin in the coming weeks.



There is no vaccine or medicine to treat Zika infections. CDC recommends the following to treat the symptoms:

- Get plenty of rest.
- Drink fluids to prevent dehydration.
- Take medicine such as acetaminophen (Tylenol®) to relieve fever and pain.
- Do not take aspirin and other non-steroidal anti-inflammatory drugs.
- If you are taking medicine for another medical condition, talk to your healthcare provider before taking additional medication.

For more information, visit [www.cdc.gov/zika](http://www.cdc.gov/zika)

